

**Covid-19**

**FOOD IN TOWER**

**HAMLETS**

**22 May update**



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# FOOD AID

## FOOD BANKS

**Bethnal Green Food Bank**, St Matthew's Church, St Matthew's Row, London E2 6DT. 1st and 3rd Friday of the month, 10am-12pm [rector@st-matthews.co.uk](mailto:rector@st-matthews.co.uk), 0207 739 7586

**Bow Food Bank** From Monday 11th May will be relocated to the Bromley-by-Bow Centre, St Leonard's Street, E3 3BT. Entrance through the park on Bruce Road or St.Leonards Street. Every Monday from 9:30 – 12:30.

**St Dunstan's Food Bank**, Stepney High St, London E1 0NR is supporting 40 families and individuals. It's open for donations and to collect food Tuesday to Friday 10am-4pm and Saturday 10am-3pm. It's closed Sunday and Monday.

**St Luke's Food Bank**, Alpha Grove, London E14 8LH. Tuesdays and Wednesdays 10-12pm. Can also arrange deliveries on Mondays and Thursdays. 02075389862 [info@stlukesmillwall.org](mailto:info@stlukesmillwall.org)

**Women's Inclusive Team** have set up a food bank at Poplar HARCA's Linc Centre, 70 Fern St, London E3 3PR, Wednesdays 2pm to 4pm.

## FOOD DISTRIBUTION HUBS

**Limehouse Mutual Aid** is coordinating two food distribution hubs:

- **Christ Church Isle of Dogs** for local groups and to vulnerable individuals in the Isle of Dogs via local volunteers.
- **Royal Foundation St Katherine's**.

Both services are currently at capacity. Requests for help in Isle of Dogs should be routed via 02034884594.

**Poplar HARCA** is preparing and distributing hot meals from the St Paul's Way Centre.

## HOT MEAL DELIVERY

**Whitechapel Mission**, 212 Whitechapel Road, London E1 1BJ - erving breakfast Monday-Sunday 6-11am.

**St John on Bethnal Green**, 200 Cambridge Heath Rd, Bethnal Green, London E2 9PA 'Tuesday Night Bites' hot meal provided every Tuesday 6-7pm.

**Women's Inclusive Team** are running a Meals on Wheels service by referral or in response to calls from vulnerable residents. Bike Works delivers the food. Contact Ikran or Safia 020 7790 2650

**Limehouse Project** providing a Luncheon Club for the Elderly - door to door delivery if hot food. Contact [m.begum@limehouseproject.org.uk](mailto:m.begum@limehouseproject.org.uk) 020 7538 0075

## HEALTHY START VOUCHERS

Many pregnant women and parents are entitled to Healthy Start vouchers every week. These can be spent on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. People can [check if they are eligible](#).

**Healthy Start applications no longer require a medical professional signature.**

Applicants can fill in the online application form and print it, or collect a printed form from a Children's Centre. If collecting, the form will also include a Freepost envelope.

The following Children's Centre is open every day:

**Meath Gardens Children's Centre**, 1 Smart St, Bethnal Green, London E2 0SN

For more information on Healthy Start vitamins/vouchers or info on opening hours of other Children's Centres, call 020 7364 5277.

The national Healthy Start Team are assisting parents who do not have access to printers. Parents wanting assistance should contact the Team [using the online form](#). The team will print the form & post it to them to sign & then return in a Freepost envelope for their application to be processed.

## SCHOOL FOOD

### **Free School Meals**

Children who are eligible for free school meals and not attending school at this time are eligible for free school meals. Schools are either providing their own food, such as a delivery or collection service, or have signed up to the Government's weekly £15 voucher scheme.

Parents need to contact their school to find out how they are providing free school meals.

If you are currently subject to Section 4 or Section 115 of the Immigration and Asylum Act 1999, and therefore have no recourse to public funds (ie no access to benefits), a temporary extension was made on 20 April to allow you to claim free school meals. Please contact your school to find out more.

Schools that use the council's catering service will continue to provide school lunches in term time for children who are attending and eligible for free school meals.

### **Food bags for children from households receiving benefits**

A large number of schools will be offering food bags to children living in households in receipt of benefits. [The council](#) has a list of these 21 schools and the food that is provided.

Some schools are providing/preparing their own emergency response, both for their pupils and families, and the wider community:

**Mulberry School for Girls** is preparing and deliver packs of food and personal care products to support its vulnerable families.

**Manorfield Primary** is distributing food bags and other essentials (including materials to support learning).

**Old Ford Primary School** is providing free school meals for all of their pupils in Reception - Year 4. All of the pupils will be able to collect their free school meal from the main entrance from 12 to 1.30 each day.

**Clara Grant School** is providing food for their vulnerable pupils and key workers.

## ASKING FOR HELP

The council has set up a phonenumber to support extremely vulnerable residents, their families or their carers. People should use the line to let the council know of any urgent requirements, such as food supplies or medication.

Number: 020 7364 3030. Operating hours: Monday to Friday 8am - 8pm; Saturday 10am - 5pm; Sunday 10am - 4pm.

If you are a self-isolating resident in Tower Hamlets, and require support getting food, please complete [this questionnaire](#) so that **LB Tower Hamlets** can direct you to the most appropriate form of support.

Tower Hamlets Community Advice Network (TCAN) has a list of specialist emergency advice providers on [their website](#).

Register someone (or yourself) as extremely vulnerable to the **Government** for the coronavirus [shielding support scheme](#). People are eligible if they have a medical condition that makes them extremely vulnerable to coronavirus. For example, they'll be able to ask for help getting deliveries of essential supplies like food. You can register yourself, or on behalf of someone else.

# BUYING FOOD

*Support your local businesses! The government has advised that people who are not self-isolating can visit shops (as infrequently as possible) for essential items such as food and medicine. Most shops selling essentials are still open and advising customers on social distancing. Many are also offering contactless payment and delivery services.*

## BUYING FOOD FOR OTHERS

Major supermarkets including **Asda, M&S, Waitrose and Sainsbury's** have launched a dedicated [volunteer shopping card](#), which allows self-isolating shoppers to buy a voucher online to give to a volunteer to use on their behalf in store.

## COLLECTION AND DELIVERY (LOCAL SHOPS)

### [Herbert's Fruit and Veg Stall](#), 112 Roman Rd, Globe Town, London E2 0RN

Marc Herbert is delivering grocery shop boxes to local postcodes from 2pm onwards each day. Get in touch via a message on [Instagram](#) to place orders. His stall is also open for those who need to go out for essentials.

**Iceland** is open from 9 to 11am every Wednesday exclusively for the elderly and vulnerable people in the community.

### **[Leila's Shop](#), Calvert Avenue, E2.**

Leila's Shop is taking orders between 10am and 12pm and asking people to collect after 1pm. Leila's shop is also doing free delivery for those vulnerable and isolating in Weavers Ward. Leila is offering a free treat to anyone self-isolating and alone. Leila can be reached at 020 772 99789

### [Love Shack](#), Cambridge Heath Road, E2

Plastic-free vegan restaurant delivers fruit, vegetables and other necessities in E2.

### [Steve Hatt Fishmonger, N1](#)

Offering free delivery in the Weavers Ward area. Tony, one of the owners, will take orders and process card payment over the phone. Tony can be reached at 0207 226 3963.

### **Leila's Shop, Calvert Avenue, E2.**

Leila's Shop is taking orders between 10am and 12pm and asking people to collect after 1pm. Leila's shop is also doing free delivery for those vulnerable and isolating in Weavers Ward. Leila is offering a free treat to anyone self-isolating and alone. Leila can be reached at 020 772 99789

### **Love Shack, Cambridge Heath Road**

Plastic-free vegan restaurant delivers fruit, vegetables and other necessities in E2.

### **Simply Fresh, 201-203 Roman Road E2 0QY**

Open from 7am – 11pm. They are also offering a delivery service for the elderly and vulnerable that cannot leave their homes. Get in touch via phone 020 8981 2996 or by emailing [hello@simplyfreshe2.com](mailto:hello@simplyfreshe2.com)

### **Barge East, River Lea, Sweetwater Mooring, E9 5EN**

Selling [fresh meat or fruit and veg boxes](#), including items such as tofu and buckwheat, which can be collected between 12-5pm every Wednesday, or they can be delivered to your home for a small fee. NHS workers and vulnerable people won't have to pay for delivery.

### [Tower Green Hamlets](#)

Weekly fruit and vegetable boxes delivered to East London residents. The scheme is operated from Stepney City Farm, and the scheme has expanded to serve more isolated and vulnerable people.

### [Chef's Choice](#)

Restaurant now delivering of fresh vegetables, fruits and essentials.



## COLLECTION AND DELIVERY (LARGER SHOPS)

**Sainsbury's**, 1 Cambridge Heath Road, E1 5SD 0207 247 2604.

Priority access to delivery slots given to customers who are shielding or in isolation. Dedicated in-store shopping hours for the elderly and vulnerable between 8am-9am on Mondays, Wednesdays and Fridays. Available as click and collect, home delivery and volunteer pick up. If you are a vulnerable customer, you can book a food delivery by calling 0800 328 1700.

**Waitrose**, 41 Thomas More Street, St Katherine's Docks E1W 1YY 0207 702 1640. Available as click and collect, home delivery and volunteer pick up.

**Nisa**, 58A Commercial Road E1 1LP. Home delivery available through online food delivery company Deliveroo.

**Nisa**, 599-601 Commercial Road, Stepney E1 0HJ. Home delivery available through online food delivery company Deliveroo.

**Tesco Superstore**, Hancock Road, Bow E3 3DA. 0345 677 9085. Vulnerable customers who are isolating or shielding can get priority access to delivery by calling. Available as click and collect, home delivery and volunteer pick up.

**Asda Superstore**, 151 East Ferry Road, Isle of Dogs E14 3BT. 0207 987 2614. Available as click and collect, home delivery and volunteer pick up. Click and collects slots re available on a first come, first serve basis and can be ordered from anywhere. Vulnerable customers who are isolating or shielding can get priority access to home delivery slots. Available for residents living in E14 and E1W postcodes.

**Waitrose**, 16-19 Canada Square, Canary Wharf E14 5EW. 0207 719 0300. Available as click and collect, home delivery and volunteer pick up.

**Co-op**, 57-73 Chrisp Street, Poplar, E14 6LP. 0207 538 5263. Home delivery available through online food delivery company Deliveroo.

**Nisa**, 1 Newport Road, E14 2ED. Home delivery available through online food delivery company Deliveroo.

## WEB APPS AND ONLINE LISTS

### [Karma](#)

App offering delivery of surplus food from restaurants, cafes and grocery stores at discounted price.

### [List of essential good providers](#)

Crowdsourced list of shops and suppliers offering a delivery service in London. (Not all necessarily deliver to Tower Hamlets.)

## COLLECTIONS AND DELIVERY (restaurants)

### [Al-Amin Restaurant](#), **Cambridge Heath Road**

Al-Amin is open for takeaway or delivery. Offering a 50% discount to those working in the NHS and over 60. Tel: 02077297415

### [A Portuguese Love Affair](#), **Columbia Road**

Deliveries on Thursday and takeaway orders.

### [Viet Grill](#), **Kingsland Road**

Delivery and takeaway of Vietnamese food.

### [Campania](#), **Ezra Street**

Italian food open for takeaway. Tel: 020 7613 0015

### [Laxeiro](#), **Columbia Road**

Spanish food open for takeaway. Tel: 020 7729 1147

### **The Nelson's Head**, **Horatio Street**

British food open for takeaway. Tel: 020 7729 5595

### **Mama Mae's**, **452 Roman Rd E3 5LU**

Cake shop. Email [eat@mamamaescupcakes.com](mailto:eat@mamamaescupcakes.com) to place your order.

### [Zealand Café](#), **391 Roman Rd, London E3 5QS.**

Please message them on their Instagram for menus and to place orders. They also deliver through Deliveroo and UberEats

### [Cafe Quarantacinque](#), **45 Roman Road, E2 0HU**

Italian deli open for delivery or collection. Offering tray bakes designed to feed five or more people. Place orders by messaging them 24 hours beforehand.

# COMMUNITY SUPPORT

## COMMUNITY HUBS

Support services, including picking up shopping/ medication; a friendly phone call; weekly activity pack with word searches, crosswords; and cooking and delivering a meal:

**Neighbours in Poplar** - contact 020 7987 0257 [nip65@msn.com](mailto:nip65@msn.com))

**St Hilda's East** referral only – contact Tower Hamlets Homes Support Line for more info 020 7364 5015

**Darul Ummah Hub**, 56 Bigland St, Shadwell E1 2ND - mainly for Tower Hamlets Homes residents but trying to accommodate other residents. They are seeking donations - [info here](#)

**Poplar HARCA** is providing services to its communities online, as its community centres are currently closed. Its [Poplar HARCA Centres Unlocked](#) Facebook group includes physical activities, crafts, food and advice.

## MUTUAL AID FACEBOOK GROUPS

**Covid-19 Mutual Aid Bow (E3):**

<https://www.facebook.com/groups/643367883166920>

**Royal Docks COVID-19 Mutual Aid:**

<https://www.facebook.com/RoyalVictoriaDocksCovid19>

**Tower Hamlets Covid19 Community Support:**

<https://www.facebook.com/groups/2740546326063053/>

There is a [searchable list](#) of ward/neighbourhood/estate/street level Facebook/What's App groups.

## OFFERS OF SUPPORT

**Toyhouse**, a charity on St Paul's Way is posting ideas and resources to support families onto their [Facebook page](#). They can also be contacted by parents to be or those with young children who feel isolated or in need of support.

**Limehouse Aid** Offers food and errand runs for anyone vulnerable and/or self-isolating. Phone/text 020 3322 7452

[limehouseaid@gmail.com](mailto:limehouseaid@gmail.com)

**Isle of dogs COVID 19 Support group** offering food and errand runs for anyone vulnerable and/or self – isolating Phone 020 3488 4594

[islandgardens.covid19@gmail.com](mailto:islandgardens.covid19@gmail.com)

**Women's Inclusive Team** are helping vulnerable residents with shopping. Contact them on 020 7790 2650

# HOW TO HELP

## DONATE

**First Love Foundation** needs additional funds to purchase and distribute fruit, vegetables and tinned food to the most vulnerable and deprived across the borough. [Donate here](#)

**Bow Food Bank** needs funds to purchase additional food to meet growing demand caused by COVID-19. Bow Food Banks is also accepting donations of food on Sundays 12:30 – 3:00 pm and Mondays 9:00 – 12:30 pm. See their [list of popular items](#) and keep checking their [website](#) for updates.

**St Dunstan's Food Bank** accepts food. List of [most needed items](#) on their website. [Donate funds](#) via Paypal.

**Poplar HARCA** needs funding for its food bank and community kitchen. [Donate funds](#).

**Manorfield Primary School** needs funding to continue its emergency food response. [Donate](#).

## VOLUNTEER

[Tower Hamlets Volunteer Centre](#) has a variety of roles to support the local community during the Covid-19 pandemic.

**Carers needed** – Tower Hamlets Council is also looking to employ carers during COVID-19. No experience is necessary. Email [CareWorkerRecruitment@towerhamlets.gov.uk](mailto:CareWorkerRecruitment@towerhamlets.gov.uk) or call 020 7364 2280.

**St. Paul's Old Ford Church** – The closing of schools present extra challenges for many families. St. Paul Old Ford church is handing out free school meals for those in our area and are looking for additional volunteers. They are also in touch with other community leaders who are likely to be organising additional events. [Apply to be a volunteer](#).

**Poplar HARCA** – with Women's Inclusive Team, are running a [food delivery and community assistance service](#) and are looking for volunteers.

# COVID-19 RESPONSE FUNDING (for charities and service-providers)

[National Lottery Community Fund \(NLCF\)](#) - Activities specifically geared to supporting communities through this crisis; helping organisations overcome any liquidity issues caused by COVID-19.

[National Lottery Awards for All England](#) - supporting people who are at high risk from covid-19; supporting communities most likely to face increased demand and challenges as a direct result of measures to prevent the result of covid-19; high potential to support communities with the direct and indirect impact of covid-19

[Barclays Foundation charity partners programme](#) - £50 million fund disbursed principally in the UK, and reflecting where the most significant colleague population centres are; Funding deployed via partnerships with trusted charities who can have a direct and immediate impact on those communities; money will be used to help disadvantaged people (those suffering from social and economic deprivation as a consequence of COVID-19), the elderly and vulnerable communities most at risk from COVID-19, and to support NHS staff and other keyworker communities.

[London Community Response Fund - crisis response programme](#) - Grants of up to £10,000 to enable organisations to meet the immediate needs of their communities. For example, food, essentials and short-term staffing costs.

[London Community Response Fund - delivering differently programme](#) - on pause

[The Sir Jules Thorn Charitable Trust](#) - Grants of up to £1,500 for eligible small charities. Requests are considered for contributions to core funding or for specific projects. There are no reporting requirements. Applications are only accepted from charities registered and operating within the UK.

[Standard Life Foundation](#) - Grants from £5,000 upwards are available to support projects that contribute to social change which tackles financial problems and improves living standards for those on low-to-middle incomes. Funding is specifically for research, policy work and campaigning activities

[Buttle UK - Chances for Children](#) - Grants targeted at improving the social and emotional wellbeing of children and young people and their capacity to engage in education and learning. There is a particular focus on: maintaining educational activity and stimulus within the home environment; establishing and/or maintaining internet access and communications household essentials.

[The Schroder Charity Trust](#) - Grants up to £5000 for supporting: education and young people; health; communities; environment and conservation; heritage; arts and culture; international development; the armed forces.

[Neighbourly community fund](#) - Micro-grants of up to £400 to support good causes that are helping communities affected by the coronavirus outbreak. Grants are awarded to good causes whose work involves supporting members of the community suffering economically, socially or from ill health as a result of the outbreak

[Crisis - In This Together grants programme](#) - Local groups who are financially affected by additional demands on their resources and have expanded their provision for those experiencing homelessness can apply for £5,000 short-term response or £50,000 longer-term response grants.

[Tesco Bags of Help covid-19 community fund](#) - Tesco is offering support through Bags of Help covid-19 community fund grants of £500 (and food donations), for local group including: women's refuges; food banks; hospices; homeless charities social isolation groups; schools; charities supporting the elderly.

[Yapp Charitable Trust](#) - Grants of up to £3,000 are available to registered charities in England and Wales, with a total annual expenditure of less than £40,000. This would be used to cover core costs and staffing in one of their priority areas.

[John Lewis and Waitrose £1m fund](#) - Teams in each store will work with their communities to choose the best way to use the fund. Help could include: setting up additional local delivery services to support self-isolating vulnerable people and those looking after them; delivering boxes of staples to local care homes and community groups; donating products to create care packages for customers to share with vulnerable neighbours.

[Antonio Carluccio Foundation](#) - Grants of up to £10,000 for organisations working to feed those in need and promote a better understanding of food origins and nutrition

[Wrap emergency surplus food grant: phase 2](#) - Grants of between £5,000 and £10,000 to fund capital and revenue costs for organisations who can redistribute surplus food from retailers, wholesalers, and food manufacturers, to people in need or those considered vulnerable. This grant is aimed at micro to small food redistribution operations, who must be a legally registered NFP entity that is currently operating a food redistribution operation in England.

[Business in the community](#) - Provides in kind support for organisations delivering an emergency food response. For example food supplies, PPE, boxes and storage support. The site matches organisations with businesses who are able to provide support

[EECF Covid appeal](#) - The EECF has set up the new East End Emergency Fund to handle donations and has allocated some of its existing funds, so it is able to make grants straight away. Meanwhile, the Canary Wharf Group has made a generous donation of £50,000 to match fund all donations for groups in Tower Hamlets. Local community groups including food banks, charities and elders groups who are supporting older, isolated or vulnerable local people are able to apply for grants to maintain this vital work during this difficult time.

[Defra community support](#) - Grants of £300 to £100,000 for food charities for Covid-19 emergency food response.

## **Wen (Women's Environmental Network)**

20 Club Row, London, E2 7EY

This info was collated by:

**Jo Wilson**

**Tower Hamlets Food Partnership,**

*updated on 22nd May 2020.*

[Email Jo](#) with updates or additions